IN THE CLAIMS

Please amend the claims as follows, deletions are shown by strikethrough, and additions are shown underlined. Withdrawn claims are shown in small type for Examiner's convenience.

- 1. (Currently amended) A healthy chair comprising:
 - a seat plate <u>having no backrest</u>, <u>which is said seat plate being inclined downward</u> <u>from a rear side towards a front side at a fixed angle between about 12 to about 15 degrees from horizontal</u>, <u>and having a lower side surface</u>;
 - a plurality of feet, <u>fixedly</u> mounted on said lower <u>side surface</u> of said seat plate, supporting said seat plate;
 - at least two foot support rods each attached to at least one of said plurality of feet,
 said foot support rods projecting laterally outward in opposing directions
 below said rear side of said lower surface of said seat plate; and
 - a <u>frontal torso</u> positioning device, having a fixed end fastened to said seat plate and a free end extending forward and upward from said seat plate at a fixed position.
- 2. (Currently amended) A healthy chair according to claim 1, wherein said <u>frontal torso</u> positioning device has a shape like the letter L.
- 3. (Withdrawn) A healthy chair according to claim 1, wherein said positioning device comprises a belt with a male buckle half and a belt with a female buckle half.
- 4. (Withdrawn) A healthy chair according to claim 1, wherein said positioning device comprises belts with bur-like latches.
- 5. (Withdrawn) A healthy chair according to claim 1, wherein said positioning device comprises a belt having a free end with a fastening element which allows to be fastened on said seat plate.
- 6. (Withdrawn) A healthy chair according to claim 1, wherein said plurality_of feet comprise two relatively short feet attached to said seat plate on said front side thereof and two relatively long feet attached to said seat plate on a rear side thereof.
- 7. (Withdrawn) A healthy chair according to claim 6, wherein a support bar is inserted between said two relatively long feet.
- 8. (Withdrawn) A healthy chair according to claim 6, wherein a connecting bar is inserted between said two relatively long feet, having two free ends which extend beyond said two relatively long feet, forming support bars.
- 9. (Withdrawn) A healthy chair according to claim 1, wherein said plurality of feet comprise two feet.

- 10. (Withdrawn) A healthy chair according to claim 9, wherein said two feet are each shaped like the letter X, with a connecting bar being inserted in between at lower rear ends thereof.
- 11. (Withdrawn) A healthy chair according to claim 9, wherein said two feet are each shaped like the letter X, with a connecting bar being inserted in between at lower rear ends thereof, having two free ends which extend beyond said two feet, forming support bars.
- 12. (Withdrawn) A healthy chair according to claim 1, wherein said positioning device is shaped like the letter T, comprising a vertical part mounted on said front side of said seat plate and a horizontal extension piece set on said vertical tube on an upper end thereof.